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Tematika: Edukimi nepermjet aktiviteteve fizike (atletike)				Situata e të nxënës:	
TEMA:				njohja e kërkesave kryesore të rregullres teknike të vrapimeve të gjata. Përmirësimi i kapacitetit aerobik.	
Rezultatet e të nxënës për fushë/lëndë që synohen të realizohen. nxënës:				Fjala Kyçe:	Mjetet:
- Njeh kërkesat kryesore teknike të vrapimeve në stafete - Kuptojnë e zbatojnë menyrën e rregullt të ndërrimit të shklopit - Realizojnë skemën e plotë levizore e teknike të vrapimit me stafete				vrapim, distance,kapacitet, teknike	bilbil, pengesa të ndryshme, kronometër
Lidhja me lëndët e tjera: shkencat, gjuhë e komunikim				Burimet: Program i lëndës Metodika e Didaktika e Edukimit fizik	
Pjesë	Zhvillimi i orës	Koha totale	Koha totale	Udhëzimet metodike	
Përgjithë	Organizimi i klases për mësim Prezantimi i temës, njohja me situatën e të nxënës Zhvillimi i nxehjes së organizmit me anë të ushtrimeve përgatitore të përgjithshme Zhvillimi i ushtrimeve speciale në përmbajtje të temës	3' 6' 6'	15'	Evidencimi i pjesëmarrjes,uniformës,dhe gjendjes shëndetsore. Kryerja e ushtrimeve të nxehjes: vrapim i lehtë Ushtrime të përgjithshme për nxehje: nxehja e gjymtyrëve të sipërme, tringut dhe të poshtme. Ushtrime speciale: manipulim levizjesh.	
Thënë	Shpjegojmë dhe demonstrim i teknikes se vrapimit me fokus sinkronizimin e pjesëve të trupit. Ushtrimi 1. Ndarja e klases në dy grupe, vendosen në dy rreshta krahe njëri- tjetrit. Mësimi i ndërrimit të shklopit Ushtrimi 2. Ndarja e klases në dy grupe, Vrapim duke në distance duke realizuar ndërrimin e shklopit. Ushtrimi 3. Situata gare. Ndarja e klases në dy grupe. Vendosen në dy kolona kryerja e stafetes në distace të caktuara.	5' 5' 5' 10'	25'	Prezantohet elementi që do të mësohet, si dhe një informacion i shkurtër mbi disiplinën atletikore dhe përkrahja vrapimit në stafete. Demonstrohet vrapimi duke u fokusuar jo vetëm në ekzekutimin e sakte teknik të teknikes. Ushtrimi 1: Vëmendja përqendrohet tek zbatimi me korrektesi i teknikes se vrapimit duke paturparasysh skemën e të mësuarit "korrigjim-zbatim". Ushtrimi 2: Vëmendja përqendrohet tek zbatimi me korrektesi i teknikes se vrapimit dhe në menyrën e ndërrimit të shklopit Ushtrimi 3: Vëmendja përqendrohet tek zbatimi me korrektesi i teknikes se vrapimit edhe pse duke veshitërsia rritet pasi situata e gares kërkon realizimin sa më shpejt të vrapimit në stafete.	
Mbyllja	Organizimi i ushtrimeve të qetësisë rregullimi i frymëmarrjes dhe streçing pasiv. Konkluzionet mbi orën dhe efektivitetin të saj. Shoqërimi i klases.	3' 2'	5'	Eje mbi fushën për kthimin e organizmit në gjendjen fillestare Ushtrime pasive streçingu për të gjithë trupin. Diskutim dhe analizë e orës dhe nxjerrje e konkluzioneve dhe detyrave për orën e ardhshme.	
Vlerësimi : Gjate orës përdoren fjale inkurajuese dhe bashkëpunuese. Vlerësimi i arritjeve të orës dhe i nxënësve që u prezantuan më mirë. N 2 : Demonstron pjesërisht kërkesat levizore teknike të vrapimit me stafete N 3 : Zbaton kërkesat levizore e teknike por nuk arrin rezultatit e dëshiruar N 4 : Ekzekuton dhe arrin rezultatit sipas kërkesave levizore e teknike të vrapimeve me stafete					

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